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The Sentinel Book of Automatic Cooking

Including Menus and
Complete Directions
for Automatic Dinners
and Luncheons

Published by
The Sentinel Manufacturing Co.
New Haven, Conn.

Meats, Fish, Poultry and Soup

A simple cooking Time Table for "automatic" cooking in the fireless-cooking oven.

Roasting—Meats, Poultry

We recommend that all meats be roasted in an *uncovered* roasting pan. In preparing all roasts, remove excess fat and dredge with flour and salt; if salt alone is used too much juice will run before roast is browned. In roasting a small piece of meat (3 lbs. or less) we recommend using a small pan instead of a large roasting pan. Do not use any water with roasts.

MEAT	WEIGHT	DIRECT HEAT plus RETAINED HEAT		NOTE
Roast Beef or Roast Chicken or Roast Duck	4 lbs. or less	45 minutes	1 hour	Two extra dishes (vegetables, fruits or pudding) will cook with roast on these times, making three dishes in all.
	5 lbs.	50 minutes	1 hour and 10 mins.	
	6 lbs.	55 minutes	1 hour and 20 mins.	
Roast Lamb or Roast Pork or Roast Veal	4 lbs. or less	50 minutes	1 hour	For each dish over three, add five minutes direct heat.
	5 lbs.	50 minutes	1 hour and 10 mins.	
	6 lbs.	55 minutes	1 hour and 20 mins.	
Roast Turkey (If smaller than 8 lbs. use rule for chicken)	8 lbs.	1 hour and 5 mins.	1 hour and 40 mins.	
	9 lbs.	1 hour and 10 mins.	1 hour and 50 mins.	
	10 lbs.	1 hour and 15 mins.	2 hours	

FOR LARGER ROASTS: Add 5 minutes direct heat and 10 minutes retained heat for each additional pound. Thus, a 7-lb. roast of beef would need 60 minutes Direct Heat and 1 hour and 30 minutes Retained Heat. For roast beef "well done" simply leave in oven twenty to thirty minutes longer to cook on Retained Heat.

Boiling—Meats, Poultry, Fish

Prepare same as for top-of-stove cooking, using *cold* water instead of boiling water. Be sure to cover utensil tightly.

MEAT	WEIGHT	DIRECT HEAT plus RETAINED HEAT		NOTE
Corned Beef or Boiled Ham	2 lbs. or less	45 minutes	2 hours	Two extra dishes (vegetables, fruits or pudding) will cook with meat dish on these times, making three dishes in all.
	3 to 5 lbs.	50 minutes	2 hours	
	6 lbs.	55 minutes	2 hours and 30 mins.	
Boiled Mutton or Boiled Beef	3 lbs. or less	45 minutes	1 hour	For each dish over three add five minutes direct heat.
	4 to 5 lbs.	50 minutes	1 hour and 10 mins.	
	6 lbs.	55 minutes	1 hour and 20 mins.	
Boiled Fowl or Boiled Chicken	4 lbs. or less	40 minutes	1 hour and 30 mins.	
	5 lbs.	45 minutes	1 hour and 40 mins.	
	6 lbs.	50 minutes	1 hour and 50 mins.	
Boiled Fish (See automatic fish dinners.)	2 or 3 lbs.	35 minutes	40 minutes	
	4 or 5 lbs.	40 minutes	55 minutes	
	6 lbs.	45 minutes	1 hour and 5 mins.	

FOR HEAVIER CUTS OF MEAT OR FISH, OR LARGER FOWL: Add 5 minutes Direct Heat and 10 minutes Retained Heat for each pound over six pounds.

Pot Roasts

Prepare same as for top-of-stove cooking. (See Pot Roast Automatic Dinner.) Be sure to cover utensil tightly.

MEAT	WEIGHT	DIRECT HEAT plus RETAINED HEAT		NOTE
Pot Roast of: Beef Lamb Veal	2 lbs.	45 minutes	2 hours	Two extra dishes (vegetables, fruits or pudding) will cook with meat on these times, making three dishes in all.
	3 to 5 lbs.	50 minutes	2 hours	
	6 lbs.	55 minutes	2 hours and 30 mins.	
Pot Roast of Chicken	3 to 4 lbs.	40 minutes	1 hour	For each dish over three add five minutes direct heat.
	5 lbs.	50 minutes	1 hour and 10 mins.	
	6 lbs.	55 minutes	1 hour and 20 mins.	

FOR HEAVIER CUTS: Add 5 minutes Direct Heat and 10 minutes Retained Heat for each pound over six pounds.

Baked Fish

Prepare same as for any other range, using *very little* water. (See Baked Halibut Automatic Dinner.)

FISH	WEIGHT	DIRECT HEAT plus RETAINED HEAT		NOTE
All kinds	2 to 4 lbs.	40 minutes	1 hour retained	See "Note" above.
	5 lbs.	50 minutes	1 hour and 10 mins.	
	6 lbs.	55 minutes	1 hour and 20 mins.	

FOR HEAVIER PIECES OF FISH: Add 5 minutes Direct Heat and 10 minutes Retained Heat for each pound over six pounds.

Start all meats (excepting Pot Roasts) COLD, in a COLD OVEN.

Vegetables, Fruits, Berries, Etc.

To be cooked automatically in the fireless-cooking oven.

Vegetables—Boiled or Stewed

When boiling or stewing vegetables or fruits in the fireless-cooking oven start in *cold* water and always use tightly covered vessels. Use less water than you ordinarily would—just enough water to barely cover the vegetables.

VEGETABLE	DIRECT HEAT	plus	RETAINED HEAT	NOTE
Asparagus.....	30 minutes		45 minutes	Most vegetables are not injured if cooked longer than the times specified. They may safely be left in oven several hours.
Beets.....	35 minutes		1 hour and 30 minutes	
Cabbage.....	30 minutes		1 hour and 30 minutes	
Carrots.....	30 minutes		1 hour and 30 minutes	
Cauliflower.....	30 minutes		30 minutes	Potatoes get "soggy" if allowed to boil very long. We recommend steaming or baking them with automatic dinners.
Macaroni.....	25 minutes		30 minutes	
Parsnips.....	30 minutes		1 hour and 30 minutes	
Onions.....	30 minutes		35 minutes	
Potatoes.....	25 minutes		20 minutes.....	
Rice.....	25 minutes		45 minutes	
Spinach.....	30 minutes		30 minutes	
Squash.....	30 minutes		45 minutes	
String Beans.....	30 minutes		1 hour and 30 minutes	
Turnips.....	30 minutes		1 hour and 30 minutes	

Vegetables—Baked

Prepare in the usual way.

VEGETABLE	DIRECT HEAT	plus	RETAINED HEAT	NOTE
Potatoes, White....	30 minutes		45 minutes.....	Painting skins with melted butter improves baked potatoes.
Potatoes, Sweet....	30 minutes		45 minutes.....	
Squash.....	30 minutes		45 minutes	Boil first, cook in open dish. Be sure to see directions on p. 10.
Macaroni.....	35 minutes		30 minutes.....	
Baked Beans.....	50 minutes		4 hours.....	

Vegetables—Steamed

Prepare in the usual way.

VEGETABLE	DIRECT HEAT	plus	RETAINED HEAT	NOTE
Potatoes } Squash, etc. }	40 minutes		1 hour	Can steam indefinitely without injury.

Fruits and Berries

When stewing fruits and berries in the fireless-cooking oven, start in *cold* water and use very little—just enough to cover bottom of vessel. Cook in tightly covered vessel.

FRUIT	DIRECT HEAT	plus	RETAINED HEAT	NOTE
Apple Sauce.....	35 minutes		30 minutes	Can be cooked overnight.
Apples, Baked.....	25 minutes		40 minutes	
Apricots.....	35 minutes		1 hour.....	
Berries (all kinds)...	25 minutes		30 minutes	
Cranberry Sauce....	30 minutes		30 minutes	Can be cooked overnight.
Prunes.....	25 minutes		1 hour.....	
Rhubarb.....	25 minutes		30 minutes	

Cereals

Prepare in double boiler, using *cold* water. Allow 35 or 40 minutes direct heat and at least 2 hours retained heat, or over night if possible. If cooked over night, a very few minutes on a top burner in the morning will heat cereal steaming hot, if it should not be quite hot enough to serve as taken from oven.

General Rule

For all meat, poultry or fish dishes not given in this Time Table, follow this general rule:

Direct Heat	Retained Heat
10 minutes per pound up to 5 lbs. 5 minutes more for each additional lb. }	plus { 15 minutes per pound up to 4 lbs. 10 minutes more for each additional lb.

Two extra dishes can be cooked at the same time, making three dishes in all. For each dish over three, add five minutes direct heat, but *no* extra retained heat.

Vegetables

When cooking two or more vegetables or fruits together without any meat dish, use the time of the longest-cooking vegetable. Three vessels can be cooked on this time. If more than three vessels are used, add five minutes for each vessel over three. **Start all vegetables and fruits in COLD water in COLD oven.**

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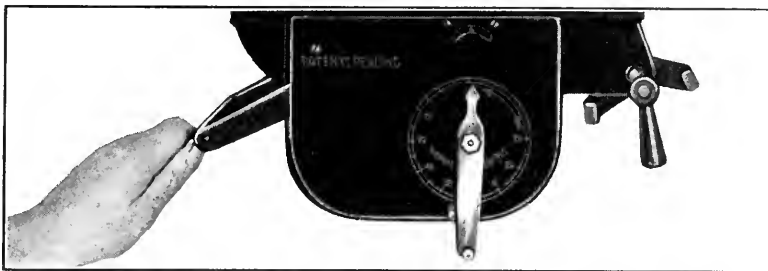
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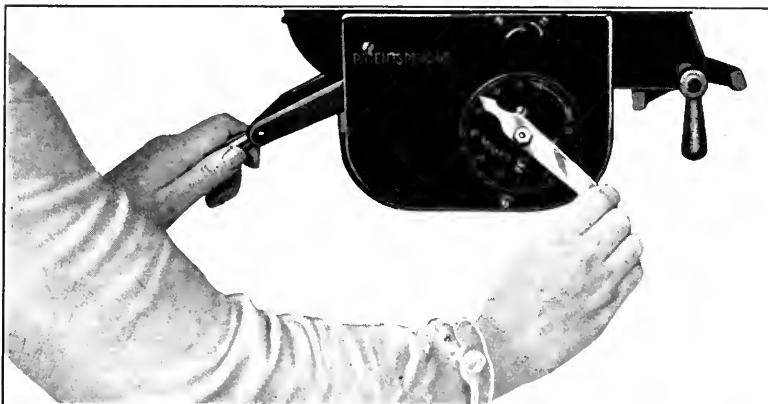
Notes

Directions for Setting Cooking Clock and Lighting Gas

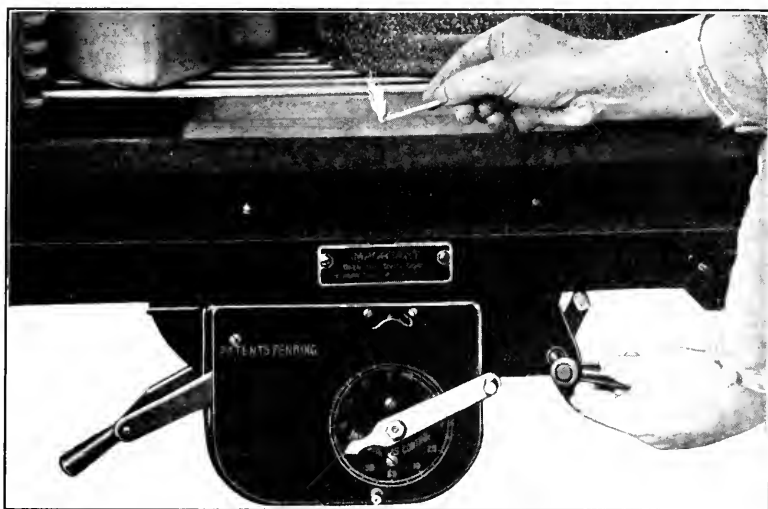
These pictures illustrate the lighting of the Cabinet Model. The other models are lighted in just the same way, the only difference being that on the other models the Cooking Clock is on the side instead of down under the oven.



First Operation: With your left hand, pull down Lever (No. 1) as far as it will go. (Unless Lever is pulled *clear down*, the Dial Hand will not turn.)



Second Operation: Hold Lever (No. 1) down with left hand and set Dial Hand (No. 2) with your right hand. (The **POINT** of the Dial Hand should point to figure on the Dial representing the number of minutes you wish the gas to burn.)



Third Operation: Open oven door wide. With left hand turn up Gas Cock (No. 3) as far as it will go and then apply lighted match to Lighter in bottom of oven, extending out from under Thermestone. Hold match there until gas is lighted. In case match should go out, turn gas off until new match is lighted and ready to use. Be sure oven burner is lighted, then close door gently.

What the Sentinel Stove Can Mean to You

The Sentinel Automatic Cook Stove is a gas range with a built-in fireless-cooking oven.

If you use it properly it will save you from one to four hours every day by relieving you of "pot watching." No need to stay around the kitchen to add water, or stir or baste. No need even to shut off the gas!

The Sentinel stove cooks *automatically*. You may put an *entire meal*—soup, meat, vegetables and perhaps a pudding—into the fireless-cooking oven all at the same time. No need to pre-heat the food or the oven. Start the whole meal at once, COLD, in a COLD OVEN.

You simply set the Dial Hand of the Cooking Clock for the number of minutes *Direct Heat* required for the meal, and then you are free until meal-time. You can go shopping or calling, read, write, take a nap, or get out of doors. At the proper time the Cooking Clock will shut off the gas automatically, and then the Thermostone in the bottom of the oven will begin to give off the heat it has been storing up, and your dinner will finish cooking on this gentle Retained Heat, which costs you nothing.

When meal-time comes, you simply slip on an apron, open the oven door and take up the meal, thoroughly done, steaming hot, and full of juice and flavor.

How to Use the Time Tables

"But how am I to know how long to set the Cooking Clock for, and how much Retained Heat to allow?" you ask.

We have prepared simple but very complete Time Tables to guide you and make it easy for you to use the Sentinel Stove. We believe that never before has a stove manufacturer published such a complete and helpful book of directions to aid women to get the best results from their stoves.

To make it perfectly clear just what we mean by "*Direct Heat*" and "*Retained Heat*," and just how to set the Cooking Clock according to the Time Table, we will work out a sample dinner.

Sample Automatic Dinner

Tomato Soup Baked Potatoes
Roast Pork (6 lbs.) Apple Sauce
Boiled Onions Cauliflower
Newton Tapioca

The above menu, giving a complete dinner for six servings, should all be placed in the oven at the same time. Prepare the seven dishes according to the following recipes:

Tomato Soup
 $\frac{1}{2}$ can tomatoes 2 c. water
2 tbsp. butter $\frac{1}{4}$ c. flour
1 tsp. salt Pepper
1 slice of onion 1 slice of turnip

Melt butter, stir in the flour, add all ingredients. Place in *covered* utensil.

Roast Pork

Dredge the pork with flour and salt, and place in a roaster or other utensil. Do *not* use any water. Do *not* cover.

Baked Potatoes

Wash potatoes and place on rack or in a pan. (If you will brush potatoes with melted butter first, you will be delighted with their creaminess.)

Apple Sauce

8 tart apples 1 c. sugar
1 c. water 1 slice of lemon

Use *cold* water and prepare in *covered* utensil. Use very little water.

Buttered Cauliflower

Break the cauliflower into small flowerets, cover with *cold* salted water in a *covered* utensil.

Boiled Onions

Peel onions, cover with *cold* salted water in a *covered* utensil.

Newton Tapioca

$\frac{1}{2}$ c. pearl tapioca 5 c. milk
 $\frac{1}{3}$ c. Indian meal $\frac{3}{4}$ c. molasses
1 tsp. salt $\frac{1}{4}$ c. butter

Soak tapioca in water at least 3 hours (over night if convenient.) Scald 4 cups of milk and pour this over the Indian meal and cook 15 minutes. Drain the tapioca and combine all. Put in *covered* utensil.

The time to use in setting the Cooking Clock is determined by the time of the longest cooking dish—generally the meat. In this case it is the pork.

According to our roasting time table it is recommended that a 6-pound piece of pork be given 55 minutes "*Direct Heat*." This fifty-five minutes will heat three dishes of food as readily as one. For each dish over three, as explained in the "Note" at the side of the Time Table, add five minutes of direct heat, that is, five minutes each should be added for the fourth, fifth and sixth utensils, or fifteen minutes extra, making seventy minutes (or one hour and ten minutes) total Direct Heat.

The number of minutes Retained Heat for a 6-pound piece of pork according to the Time Table is one hour and 20 minutes. Therefore, you would set the Dial Hand of the Cooking Clock for one hour and ten minutes of gas. At the end of this time the gas will shut off automatically. Then allow the dinner to stay in the oven one hour and 20 minutes longer on Retained Heat (after the gas is shut off), making a total cooking time of two hours and 30 minutes.

Suppose you wanted to serve this dinner at 6 o'clock. The entire dinner would be prepared at one time and put into the oven, *cold*, at half past three. It would cook on *Direct Heat* until twenty minutes of five. Then the gas would be turned off automatically by the Cooking Clock and the dinner would cook from then until 6 o'clock on *Retained Heat*.

"But," you say, "*suppose I want to go out at 2 o'clock? Must I wait until half past three to put in my dinner?*"

No. You can put in your dinner before two o'clock if you wish. Set the

Cooking Clock for one hour and 10 minutes just the same and light the gas. The dinner can stay in the oven almost indefinitely on the Retained Heat without injury, because this Retained Heat is so gentle that it will not dry out the roast or boil the vegetables dry. Even after being in the oven all afternoon you will find your dinner full of juice and flavor.

If you should be detained so late that your dinner was not steaming hot upon your return, you would need only to light the oven burner for ten minutes and everything would soon be good and hot.

General Suggestions

To use oven as ordinary gas range oven, set Dial Hand of Cooking Clock as far as it will go. This will allow for one hour and 30 minutes gas. When you are through cooking, simply turn Dial Hand back to zero and gas will shut off.

In preparing food for automatic cooking your usual methods can be employed with the few simple exceptions which follow:

When boiling or stewing vegetables and fruit, start in *cold* water and always use tightly covered vessels. Use less water than you ordinarily would, excepting with spinach.

Escalloped dishes and most puddings should not be covered if they are to brown.

In roasting meats or fowls, place in *uncovered* roasting pan. Do *not* use water. Place small strips of fat under meat or fowl to keep from sticking to bottom, if it seems necessary.

Different people use different baking pans and have such different ideas on baking, as to when pies or cakes or bread are done, and just how brown they should be, that it is difficult to give any hard and fast rules. We can only give times as worked out in our Cooking Laboratory. By using these times as a *guide* you can soon learn how to vary them to suit your own requirements.

When oven is not in use, always leave the door ajar to allow for a free circulation of air. This will keep your oven dry and sweet and guard against the possibility of rust forming.

All methods of cooking can be done *automatically* in the oven except broiling and frying. Boiling—including steaming, stewing and simmering; roasting—including braising or pot-roasting; baking which does not expand or swell; are all better and more economically cooked automatically in the oven than over the open burners, and *all three methods can be carried on together*. In cases of this character the *times used are those which would be used for the longest cooking article*.

In cooking meat loaf, pot pies, etc., if no time is given in the Time Table, allow 35 or 40 minutes, according to the nature of the dish and the size.

If by any chance the clock gets out of order or needs any attention, it may be taken off very easily by unscrewing the two screws which hold the "ears" at the *back* of the clock case, near the top. Return the clock by express addressed to The Sentinel Manufacturing Company, New Haven, Conn. (writing us at the same time), for any necessary repairs. The removal of the clock will detach it from lever (1), and expose a square wire hook. Oven may then be operated as the oven of an ordinary gas range by pulling down lever (1) and pushing over bent square wire hook to left, which locks lever (1) down. To turn off gas, simply release square wire hook by pushing to right.

If trouble of any kind is experienced, write to

**The Sentinel Manufacturing Co.,
New Haven, Conn.**

"Automatic" Dinners and Luncheons

In order to make this book doubly helpful we are publishing a number of complete "automatic" dinners and luncheons. Not only do we give the menus, but in each case we give careful directions for the preparation of each dish and the cooking time and stove directions for the complete meal.

These dinners we recommend for "automatic cooking."

The complete dinner can go into the oven all at the same time, excepting where it is specifically stated that some

dish is to be prepared on the top of the stove.

You may prepare any of these meals as directed, place in the fireless-cooking oven, set the Cooking Clock, light the gas, and then forget all about your dinner until meal-time. Your own experience and imagination will suggest many other combinations, and the marvelous convenience of this wonder-stove will grow on you from day to day as you learn more and more to depend upon this simple new method of cooking.

Roast Lamb Dinner

Roast Lamb—Mint Sauce
Baked Sweet Potatoes
Peas and Carrots Cauliflower
Peach Tapioca Pudding

Roast Lamb

Select a small leg of lamb. Do not wash, but wipe with a damp towel. Season well with salt and pepper, dredge with flour. Put in roasting pan, *uncovered*.

Mint Sauce

Two hours before serving mix two tablespoons fine chopped mint, with two tablespoons water, 4 tablespoons vinegar, 1 tablespoon sugar, $\frac{1}{2}$ tsp. salt. Boil the sauce on top burner a few minutes and set aside to serve with lamb.

Baked Sweet Potatoes

Select large sweet potatoes. Arrange in pan. Brush skins over with melted butter.

Carrots and Peas

1 qt. green peas, 2 medium carrots, cut in cubes; 1 tablespoon sugar, 1 teaspoon salt. Water to cover. When cooked, drain, add piece of butter, salt and pepper to taste.

Creamed Cauliflower

1 head of cauliflower, soaked in salt water. Rinse, cover with cold water to which $\frac{1}{2}$ tablespoon salt has been added.

Peach Tapioca Pudding

1 can peaches 1 cup tapioca
1 cup sugar $\frac{1}{2}$ tsp. salt

Drain peaches, sprinkle with sugar. Let stand an hour. Soak tapioca 1 hour in cold water to cover. To peach syrup add enough boiling water to make 3 cups. Add tapioca drained and sugar. Line a pudding dish with peaches, cut in quarters, fill with the tapioca.

Serve with cream.

Stove Directions:

All in oven together.

Direct Heat: 60 minutes

Retained Heat: 1 hour and 20 minutes

Total time: 2 hours and 20 minutes

Roast, baked potatoes and pudding *uncovered*; two vegetables covered.

Hamburg Loaf Dinner

Hamburg Loaf Tomato Sauce
Glazed Sweet Potatoes Boiled Rice
Escalloped Tomatoes
Chocolate Bread Pudding

Hamburg Loaf

2 lbs. beef chopped fine
1 onion 1 tsp. salt
1 egg 1 tsp. pepper
1 tbsp. chopped parsley

Put all into a bowl, knead in the egg. Place in bread tin, cover with a second tin.

Tomato Sauce

1 small can tomatoes
1 tsp. sugar
salt and pepper to taste
1 tbsp. fine chopped parsley

Stew tomatoes on top burner and strain. Blend 1 tablespoonful butter with 1 of flour. Add strained tomato and parsley. Pour over loaf when ready to serve.

Glazed Sweet Potatoes

Place sliced peeled sweet potatoes in earthen dish. Pour over potatoes a syrup as follows: 1 cup brown sugar, $\frac{3}{4}$ cup water, $\frac{1}{2}$ tsp. salt and two tbsp. butter.

Boiled Rice

$\frac{1}{2}$ cup well washed rice, 1 tablespoon salt, cold water to cover. When cooked, drain and set back in oven a few minutes to dry.

Escalloped Tomatoes

Arrange cracker crumbs and tomatoes (sliced in layers in buttered dish) season each layer with butter, salt and pepper. Layer of crumbs on top.

Chocolate Bread Pudding

1 small loaf of bread, crust cut off. Soak in 1 qt. of milk. Add $\frac{1}{2}$ teaspoon salt, 2 eggs, 1 cup sugar, 1 tablespoon vanilla. Melt 2 oz. unsweetened chocolate in $\frac{1}{2}$ cup water. Add to bread mixture.

Stove Directions:

All in oven together excepting tomato sauce.

Direct Heat: 45 minutes.

Retained Heat: 50 minutes.

Total time: 1 hour and 35 minutes.

Meat and rice in covered utensils. Tomatoes, potatoes and pudding *uncovered*.

Roast Chicken Dinner

Vegetable Soup
Roast Chicken Cranberry Sauce
Boiled Onions Roasted Potatoes
Rice Pudding

Vegetable Soup

2 qts cold water 2 tomatoes
1 qt. finely cut mixed vegetables, season
to taste with salt and pepper
1 tbsp. sugar

Roast Chicken

Procure a 4-lb. chicken, clean, wash quickly in cold water. Wipe dry, season with salt and pepper, rubbing well in with a little flour. Put in *un-*covered roasting pan with 2 tablespoonfuls butter, broken into small pieces.

Cranberry Sauce

1 qt. cranberries; 1 cup sugar; 1 cup cold water.

Boiled Onions

1 doz. medium sized white onions peeled, covered with cold water with 1 teaspoonful salt.

Roasted Potatoes

Pare medium sized potatoes, salt and arrange around the chicken.

Rice Pudding

$\frac{1}{2}$ cup well washed rice, quart milk, $\frac{1}{2}$ cup raisins, 1 tablespoonful vanilla, 1 cup sugar. Stir well together.

Stove Directions:

All in oven together.

Direct Heat: 55 minutes.

Retained Heat: 1 hour and 30 minutes.

Total time: 2 hours and 25 minutes.

Chicken, potatoes and pudding uncovered. Cranberry sauce and onions in covered utensils.

Pot Roast Dinner

Pot Roast
Sauerkraut Mashed Turnip
Steamed Potatoes
Steamed Fruit Pudding

Pot Roast

3 lbs. beef 1 onion 1 tomato
First brown beef and onion over top burner in usual way. When brown add 1 teaspoon salt, 1 teaspoon pepper, 2 cups water, 1 tomato. Cover. When cooked, thicken the gravy a little.

Boiled Turnips, Mashed

Peel yellow turnips, cut in two inch pieces, add 1 tablespoon salt; cold water to cover. When cooked, drain, add tablespoon butter, and mash.

Sauerkraut

1 qt. sauerkraut, water to cover, $\frac{1}{4}$ cup vinegar. Put in covered utensil.

Steamed Potatoes

8 medium sized potatoes, small piece cut from the end of each; $\frac{1}{4}$ cup of cold water. Cover with pan.

Steamed Fruit Pudding

$\frac{1}{2}$ cup butter 1 cup milk
3 tbsp. sugar 2 cups flour
2 eggs 2 tsp. baking powder
 $\frac{3}{4}$ cup raisins and currants
 $\frac{1}{2}$ cup fine cut citron
grated rind of lemon
juice of $\frac{1}{2}$ lemon

Cream butter and sugar, add eggs one at a time; add flour and baking powder, sifted together, then milk. Dust fruit with flour and add to batter last. Butter pudding mold, dust with bread crumbs. Close tightly. Serve with hard sauce.

Stove Directions:

All in oven together.

Direct Heat: 50 minutes

Retained Heat: 2 hours

Total Time: 2 hours and 50 minutes

All utensils covered.

Hungarian Goulash Dinner

Hungarian Goulash
Red Cabbage Browned Potatoes
Stewed Pears
Apple Pudding

Hungarian Goulash

3 lbs. beef. Brisket is good. Cut small. Brown the beef slowly on top burner, with 1 onion sliced. Add two tomatoes, teaspoonful salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoonful paprika. Cover before setting in oven.

Browned Potatoes

Eight medium sized potatoes, peeled and cut in half, arranged on pie tin, sprinkle with salt and pour over two tablespoons melted butter.

Stewed Pears

Peel 1 qt. pears, cut in half, remove core. Add 1 cup sugar, $\frac{1}{2}$ juice of lemon, a dash of cinnamon, 1 cup water. Cover.

Red Cabbage

1 small head cabbage, cut fine, to which add an apple, 1 onion, $\frac{1}{4}$ teaspoon cloves, 1 tablespoon salt, $\frac{1}{4}$ cup sugar. Water to cover. Before serving, drain and add 1 cup vinegar.

Apple Pudding

Pare and slice six large apples. Soak loaf bread in cold water. Press out and put in saucepan on top burner with two tablespoonfuls butter. Stir until smooth and set aside to cool. Stir $\frac{1}{2}$ cup sugar with the yolks of four eggs. Add the bread, sliced apples, and the whites beaten stiff. Butter a pudding form, sprinkle with bread crumbs, fill in the bread mixture. Serve with hard sauce.

Stove Directions:

All in oven together.

Direct Heat: 40 minutes.

Retained Heat: 1 hour and 30 minutes.

Total time: 2 hours and 10 minutes.

All covered utensils excepting potatoes and pudding.

Automatic Dinners

New England Saturday Night Supper

Boston Baked Beans
Pickled Beets Fish Balls
Boston Brown Bread
Boston Cream Pie
Tea.

Boston Baked Beans.

1 pint white beans soaked over night in four times the amount of cold water. Next morning wash off thoroughly; put on to parboil with fresh hot water. Boil until the skins break when blown on. While boiling a teaspoonful of soda should be added, which brings to the top a scum, which skim off.

When boiled put in colander and wash with water again. Have bean pot ready, cover bottom of pot with three slices of salt pork. Put in half of beans, then in centre $\frac{1}{2}$ lb. salt pork, cut across the top. Add $\frac{1}{2}$ cup of molasses and rest of beans. Fill pot nearly full of *hot* water. Beans are then ready to bake.

Cod Fish Cakes

Soak 1 pound of cod fish in cold water for several hours. Then place in saucepan over top burner; cover with cold water. As soon as it begins to boil, drain off the water. Cover again with cold water, and let it come to the boiling point. Remove the bones. Chop the fish fine and mix it with an equal portion of mashed potatoes; add $\frac{1}{2}$ tablespoonful butter and one egg. Form the mixture in round balls, flatten and fry on top burner until light brown.

Boston Brown Bread

Put $\frac{1}{2}$ pt. rye flour, $\frac{1}{2}$ pt. Graham flour, $\frac{1}{2}$ pt. Indian meal in a bowl; add $\frac{1}{2}$ pt. water, 1 teaspoon salt, $\frac{1}{2}$ pt. molasses. Dissolve 1 teaspoonful baking soda in a little hot water; add it to the flour; mix all together. Fill in buttered brown bread mold. Set in vessel containing water half way up. Cover.

Boston Cream Pie

1 cup sugar $1\frac{1}{2}$ cup flour
3 tbsp. milk. 3 eggs (beaten separately)
1 heaping teaspoon baking powder.

Divide the batter in half and bake in two medium sized pie tins. Split each one with sharp knife and spread $\frac{1}{2}$ the cream between each. Flavor same as custard.

Cream

Put on a pint of milk to boil, break two eggs into a dish and add 1 cup of sugar and half cup of flour previously mixed; after beating well, stir it into the milk just as it commences to boil; add an ounce of butter and keep on stirring until it thickens. Flavor with vanilla.

Stove Directions:

All in oven together excepting cod fish balls and cream pie.

Direct Heat: 50 minutes

Retained Heat: 4 hours

Total time: 4 hours and 50 minutes

Note: We recommend baking cream pie separately before meal is to be prepared. However, it can be baked with dinner if necessary by putting in the two layers ten minutes before gas shuts off and leaving in oven 15 minutes on retained heat.

Baked Sausage Luncheon

Baked Sausage Clarissa Potatoes
Buttered Onions Creamed Cabbage
Steamed Apple Dumpling
Hard Sauce

Baked Sausage

2 lbs. sausage, 1 egg, bread crumbs. Dip each sausage in egg and bread crumbs. Arrange in roasting pan with two tablespoonfuls melted butter.

Buttered Onions

1 qt. small white onions peeled, $\frac{1}{2}$ teaspoon salt and water to cover.

Butter Sauce

$\frac{1}{2}$ cup of the water onions were cooked in, 3 tablespoonfuls melted butter, 1 teaspoon flour; season with salt and pepper. Melt butter on top burner, add flour, onion water and seasoning. Add to onions.

Creamed Cabbage

Small head of cabbage, 1 tablespoon salt, water to cover.

When cabbage is cooked, drain and chop fine and add to cream sauce.

Clarissa Potatoes

Eight medium sized potatoes, $\frac{1}{2}$ cup melted butter, $\frac{1}{4}$ lb. cheese, salt and pepper to taste. Peel and cut potatoes in lengthwise pieces $\frac{1}{2}$ inch thick. Have pudding dish ready. Put in a layer of potatoes. Sprinkle with grated cheese, salt and pepper. Continue until dish is $\frac{3}{4}$ filled. Have grated cheese thickly sprinkled on top and pour over melted butter.

Steamed Apple Dumplings

Prepare a fine pie crust, cut it into square pieces and inclose in each square a peeled and cored apple. Fill the core with sugar and sprinkle of cinnamon. Lay the dumplings into a steamer and cover tightly. Set steamer in pan of water. Serve with hard sauce.

Hard Sauce

Cream two tablespoons butter, add gradually $\frac{1}{2}$ cup powdered sugar. Stir until creamy and smooth. Grate in nutmeg, and if liked add a little brandy.

Stove Directions:

All in oven together

Direct Heat: 50 minutes

Retained Heat: 1 hour, 15 minutes

Total time: 2 hours, 5 minutes

Onions and cabbage and pudding, covered utensils.

Sausage and potatoes, *uncovered*.

Boiled Salmon Dinner

Split Pea Soup
 Boiled Salmon Egg Sauce
 Creamed Cauliflower Baked Potatoes
 Steamed Lemon Pudding, Lemon Sauce

Split Pea Soup

2 cups green split peas, 1 carrot, 1 onion, stalk celery, parsley, 2 qts. water, salt and pepper to taste.

After soup comes from oven, strain or mash vegetables and blend with 2 tablespoonfuls flour dissolved in $\frac{1}{2}$ cup cold water. Serve with bread croutons.

Baked Potatoes

Eight medium sized potatoes. Wash well and wipe dry. Put in pan and brush skins with melted butter.

Creamed Cauliflower

Soak small head of cauliflower in water with 1 tablespoonful salt for 2 hours. Drain. Cover with cold water. Before serving drain and add cream sauce.

Cream Sauce for Cauliflower

Blend 1 tablespoonful butter with 1 tablespoonful flour. Add 1 cup water cauliflower was cooked in, $\frac{1}{2}$ cup milk. Salt and pepper to taste.

Boiled Salmon

3 lbs. salmon $\frac{1}{2}$ cup vinegar
 1 qt. cold water 1 onion (spices)

When cooked remove bone and skin, and serve with egg sauce.

Egg Sauce

Chop fine 1 onion; put in with 1 bay leaf, 1 tablespoon butter and a dash of pepper, in a saucepan. Cook 5 minutes on top burner. Add 1 heaping tablespoonful flour, stir and cook five minutes. Add 1 pint water or stock, season with 1 teaspoon salt, then strain, return to fire; add 1 tablespoonful butter in small pieces, mix the yolk of 2 eggs with 1 tablespoonful lemon juice; pour them gradually into the sauce. Do not let it boil again. Add 1 fine chopped hard boiled egg, 1 tablespoonful chopped parsley.

Steamed Lemon Pudding

$\frac{3}{4}$ cup milk $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ cups flour $\frac{1}{4}$ cup butter
 2 tsp. Baking Powder 2 eggs
 grated rind and juice of a lemon

Butter pudding mold, dust with bread crumbs. Cover tightly and set in pan of water. Serve with lemon sauce.

Stove Directions:

All in oven together.
 Direct Heat: 45 minutes
 Retained Heat: 45 minutes
 Total Time: 1 hour and 30 minutes
 Potatoes open; other utensils covered.

Potted Chicken Luncheon or Dinner

Tomato Soup
 Potted Chicken
 Boiled Spinach Browned Potatoes
 Boiled Onions
 Rice Pudding

Tomato Soup

Melt 1 tablespoonful butter in a saucepan on the top of stove, add 2 tablespoonfuls fine chopped onion, the same of carrots and celery. Cook 6 minutes without browning; add 1 tablespoonful flour, stir for a few minutes; then add $1\frac{1}{2}$ pts. water and 1 can tomatoes. Season with 1 teaspoonful salt, $\frac{1}{2}$ teaspoon pepper, 1 tablespoonful sugar and a sprig of parsley. Cook in oven with dinner.

Strain before serving.

Potted Chicken

Select a 4 lb. chicken, season with 1 tablespoonful salt, $\frac{1}{2}$ teaspoonful pepper, rub seasoning inside and out.

Place a saucepan large enough to hold the chicken with 4 ounces larding pork over the fire, fry light brown. Turn the chicken frequently, then add 1 cup water, the giblets and small onion. Cover and cook in oven.

Rice Pudding

$\frac{1}{2}$ cup rice, $\frac{3}{4}$ cup sugar, 1 tablespoonful vanilla, quart milk and two eggs. Stir thoroughly.

Stove Directions:

All in oven together.
 Direct Heat: 50 minutes
 Retained Heat: 1 hour
 Total Time: 1 hour and 50 minutes
 All utensils covered.

Roast Beef Dinner

Roast Beef
 Browned Potatoes Sliced Beets
 Buttered Carrots and Peas
 Cinnamon Prunes with Cream

Roast Beef

6 lbs. roast, dredged with salt, pepper and flour. 8 medium sized potatoes, pared and placed around the roast.

Sliced Beets

Three new beets in cold water to cover.

Carrots and Peas

Two carrots sliced and can of peas, with cold water to cover.

Cinnamon Prunes

1 pound prunes, not previously soaked, with stick of cinnamon and cold water to cover.

Stove Directions:

All in oven together.
 Direct Heat: 50 minutes
 Retained Heat: 1 hour and 10 minutes
 Total time: 2 hours
 All covered utensils except meat.

Automatic Dinners

Baked Halibut Dinner

Pea Soup
Baked Halibut—Tomato Sauce
Delmonico Potatoes
Scalloped Tomatoes
Cottage Tapioca Pudding

Pea Soup

1 can peas 1 small onion
1 qt cold water
1 tbsp. butter and flour blended
sprig of parsley and celery
salt and pepper to taste

When cooked, take out onion, parsley and celery, stir in 2 cups milk. Serve with bread croutons.

Baked Halibut

3 lb. slice of Halibut
1 cup tomato juice
 $\frac{1}{2}$ onion chopped fine
small piece of butter

Before serving thicken gravy with teaspoonful of cracker crumbs.

Scalloped Tomatoes

Arrange cracker crumbs and tomatoes, sliced (raw or canned) in layers in buttered baking dish. Season each layer with butter, salt and pepper. Layer of crumbs on the top.

Delmonico Potatoes

Arrange cracker crumbs, grated cheese and potato cubes in layers. Moisten with milk or milk sauce and season. Cover with loose plate.

Cottage Tapioca Pudding

$\frac{1}{2}$ cup tapioca 3 eggs
 $1\frac{1}{2}$ cups stale cake crumbs 1 tsp. vanilla
 $\frac{3}{4}$ cup sugar 1 qt. milk

Soak tapioca in water to cover for an hour, or over night.

Beat eggs and sugar, add tapioca, milk, vanilla and cake crumbs. Stir well.

Stove Directions:

All in oven together.

Direct Heat: 40 minutes

Retained Heat: 1 hour

Total Time: 1 hour and 40 minutes

Soup, halibut and potatoes in covered utensils. Tomatoes and pudding uncovered.

Automatic Luncheon

Chicken en Casserole
Tomato Farce with Mayonnaise
Chocolate Blanc Mange

Chicken en Casserole

Cut a young chicken in eight pieces, season with salt and pepper. Fry a slice of fat pork crisp. Put $\frac{1}{2}$ in a casserole. Lay chicken on top, arrange a dozen small white onions around. Cut carrots and potatoes into balls— $1\frac{1}{2}$ dozen each. Have potatoes on top, pour over balance of pork, close tightly.

In the meantime, make a broth of the giblets. When chicken is cooked,

remove from casserole, free the gravy from fat. Strain 1 pt. giblet broth; add to gravy. Thicken with 2 table-spoons cornstarch dissolved in a little cold water. Return chicken and vegetables to casserole. Pour over the gravy, set for a few minutes in the oven and serve in casserole.

Tomato Farce

1 head of lettuce
6 medium sized tomatoes

Shortly before serving cut a thin slice off the blossom side. Scoop out the insides, chop fine with some white celery, the whites of 2 hard boiled eggs and mix with a few spoons mayonnaise. Fill each tomato with this mixture and serve in a bed of lettuce leaves. Use the yolks of eggs for mayonnaise.

Chocolate Blanc Mange

1 pt. milk 3 tbsp. cornstarch
4 tbsp. sugar 2 oz. chocolate

Heat the chocolate in a double boiler on top burner. When melted add the milk. When milk is heated stir thoroughly and add sugar. Moisten the cornstarch in $\frac{1}{2}$ cup milk; add. Cook until thick and smooth, add after taking from fire a teaspoonful vanilla, pour into cups or molds and serve cold with cream.

Stove Directions:

Cook Chicken only in oven.

Direct Heat: 40 minutes

Retained Heat: 1 hour

Total Time: 1 hour and 40 minutes

New England Boiled Dinner

Corned Beef Carrots
Cabbage Beets Potatoes
Turnip

Corned Beef

Wash the meat well. Cover with cold water.

Boiled Beets

1 bunch beets, covered with cold water. When cooked, run cold water over to rub off skins.

Boiled White Turnips

1 qt. small white turnips covered with cold water. Add 1 tablespoon salt.

Boiled Carrots

Cut three bunches of carrots in length-wise pieces 2 inches long. Cover with cold water, add 1 teaspoon salt, 1 teaspoon sugar.

Boiled Cabbage

1 medium sized head cabbage soaked for 2 hours. Drain, add $\frac{1}{2}$ teaspoon baking soda, 1 tablespoon salt.

Stove Directions:

All in oven together.

Direct Heat: 60 minutes

Retained Heat: 2 hours

Total Time: 3 hours

All utensils covered.

Boiled Cod Luncheon or Dinner

Boiled Cod
Boiled Spinach Boiled Potatoes
Apple Bread Pudding

Boiled Cod

2 lbs. cod steak, covered with cold water, to which add 1 onion, sprig of parsley, 2 tablespoonfuls vinegar, pepper to taste. When cooked remove skin and bone and serve with cream sauce to which a tablespoonful of chopped parsley has been added.

Boiled Spinach

4 qts. of spinach well washed. One tablespoonful salt, 4 qts. cold water. When cooked drain, chop fine and serve with hard boiled eggs sliced.

Boiled Potatoes

Eight medium sized potatoes, peeled. 1 tablespoonful salt and cover with cold water.

Apple Bread Pudding

Small loaf bread, cut off crust, slice and put to soak with 1 qt. milk. Pick apart with fork and add 1 cup sugar, 2 eggs (beaten), 3 apples peeled and cut up in small pieces, 1 tablespoonful vanilla.

Stove Directions:

All in oven together.
Direct Heat: 35 minutes
Retained Heat: 40 minutes
Total time: 1 hour and 15 minutes
3 covered utensils; pudding in open dish.

Lamb Stew Luncheon or Dinner

Lamb Stew and Vegetables
Baked Macaroni String Beans
Apple Tapioca Pudding

Lamb Stew and Vegetables

2 lbs. lean lamb, cut in pieces, 1 small yellow turnip cut in 3-inch squares, 3 medium carrots cut in quarters lengthwise, 6 medium sized potatoes (leave whole), 1 tomato; salt and pepper to taste; 1 onion sliced, 1 qt. cold water. When stew is cooked, put over top burner and blend with 2 tablespoonfuls flour dissolved in little cold water.

Baked Macaroni

$\frac{1}{2}$ lb. macaroni boiled with 1 tablespoon salt until tender. Drain. Arrange layer of macaroni, stewed tomatoes and grated cheese, alternately in pudding dish. Have grated cheese on top. Pour over all $\frac{1}{4}$ cup melted butter, $\frac{1}{2}$ cup milk and 1 tablespoon sugar.

Boiled String Beans

1 qt. string beans, 1 tablespoon salt. Cold water to cover.

Apple Tapioca Pudding

Soak 1 cup tapioca in four cups water; add six large tart apples chopped fine and add $1\frac{1}{2}$ cups sugar. Serve warm with cream.

Stove Directions:

All in oven together.
Direct Heat: 50 minutes
Retained Heat: 1 hour and 30 minutes
Total time: 2 hours and 20 minutes
All covered utensils excepting pudding

A Dinner in the Fireless-Cooking Oven

This picture shows oven open and illustrates an entire chicken dinner arranged in oven, ready to cook.

The chicken is put in uncovered roasting pan and set on rack on first or second oven groove. Potatoes are peeled and put around chicken in roasting pan.

The two aluminum utensils on the same rack contain vegetables. They are tightly covered.

On the top rack is an aluminum kettle (tightly covered) containing soup, and an open baking dish containing an apple tapioca pudding.

Everything is put in cold and the oven itself is cold. When everything is in, simply set the Dial Hand of the Cooking Clock, light the gas and shut the oven door—and you are free until dinner time!

Never place anything directly on the Thermostone.



Questions You May Ask

Q. Suppose I find that my roasts do not get done through on the times given in the roasting Time Table?

A. Then allow 5 (or even 10) minutes more Direct Heat.

Q. Suppose I find that my roasts get too done on the times given in the roasting Time Table?

A. Then give about five minutes *less* Direct Heat.

Q. Is the Broiler automatic?

A. No. It is used just as any other Broiler.

Q. Are the cooking-top burners automatic?

A. No. They are used just as the cooking-top burners of any other gas range.

Q. When I cook a roast and several vegetables together do I allow the time for the roast as given in the roasting Time Table, *plus* the time for separate vegetables as given in the vegetable Time Table?

A. No. Two extra dishes can be cooked with roast without any extra time. (See Note at side of roasting Time Table.) The times for separate vegetables are given to guide you in case you wish to cook one or more vegetables alone (or with a pudding, etc.). In such case, use the time for longest cooking vegetable (or other dish) as explained on Time Table.

Q. Suppose I have been doing some cooking—baking, for instance—and my oven is still hot when it is time to put in my dinner, which the cook book says should be started in cold oven. Do I have to wait for oven to get cold?

A. No. You can put your meal right in, even though the oven is still warm—or even hot. If quite hot, you would allow perhaps five or ten minutes less Direct Heat than if starting with cold oven. As a rule we recommend starting meals to cook in cold oven because that is the foundation principle of “automatic cooking,” but it is not absolutely necessary.

Q. Suppose I have no meat dish to cook, but wish merely to cook several vegetables together, or perhaps vegetables and a pudding?

A. Use the time of the longest-cooking dish, as given in the Time Table. Three dishes will cook on this time. If more than three dishes, add five minutes for each additional dish.

Q. Suppose I make a mistake and turn the Dial Hand too far? Can I turn it backward?

A. Yes. You can turn the Dial Hand either way without injury to the Cooking Clock.

Q. Can I remove the Thermostone frame in the bottom of oven to clean oven?

A. Yes. It can be lifted out readily. When putting back, be sure that the part of the frame with the *two* legs is toward the *front*, and that the legs on the *sides* of the frame fit down into the notches in the round collar in the bottom of the oven. Never put the soapstones in water.

Q. Do I need to take out the Thermostone when using oven as ordinary gas range oven?

A. No. Never take out Thermostone except to clean oven.

Q. Can I open the oven door while my dinner is cooking and turn potatoes, baste the roast, etc.?

A. You can if you wish, *while the gas is burning*, though it is not necessary ordinarily.

Q. Can I cook in this oven just as in any other gas range oven, getting the oven hot before putting in meats, cooking entirely on Direct Heat, and turning gas low just as I would in the usual gas range?

A. Yes. *But we do not recommend doing this.* It wastes gas, requires constant watching, and the food will not be as deliciously cooked as it will if you use this stove as it was intended—as an automatic fireless-cooking gas stove. When used as such it saves your time, saves gas, and frees you from the kitchen for several hours each day.

Q. Need I turn the gas down when doing automatic cooking?

A. No. The gas must be turned on *full* for the length of time given in the Time Table when doing automatic cooking of meats, vegetables, etc. The Retained Heat period (after the gas is turned off) corresponds to turning the gas low in the ordinary gas range, and it saves on your gas bill.

Q. Can I leave the kitchen after my dinner is in to cook?

A. Yes. You can leave the house if you wish and be gone for several hours. The Cooking Clock will shut the gas off automatically at the time you set it for and after that the Retained Heat will complete the cooking, but it will not be hot enough to burn anything.

Q. How is it possible to cook at the same time, foods each of which ordinarily requires a different length of time?

A. This is possible because the temperature at which foods are cooked in the fireless-cooking oven is far less than is commonly used. The intense direct heat is only used to *start* the cooking. The gentle Retained Heat is hot enough to complete the cooking but not hot enough to spoil those foods which must remain in the oven longer than if cooked alone. It is *high temperature* or *intense heat* that breaks down the food fibre, not length of time.

Q. Can puddings be cooked with automatic dinners?

A. Yes, but you must not expect the impossible of the range in the preparation of dinners; and while with meat or fish dishes practically every vegetable and soup can be combined, we must remember that puddings requiring *long cooking* will be those especially suited for automatic dinners. All tapioca puddings, bread puddings, fruit puddings, steamed suet puddings, the rice desserts, and baked Indian puddings are practical examples.

Q. Will not puddings and other delicate foods be flavored by odorous vegetables, fish or meats when cooked at the same time?

A. No. Odorous vegetables will not flavor other food materials placed in the oven at the same time if both are started at the same time—cold, in a cold oven. The

boiling and the baking point will be reached at practically the same time. Onions placed in *cold* salted water may be put into the oven with a *cold* pudding and no odor can be given the pudding until the onions begin to boil. Neither can any odor be taken up by the pudding after it is heated through and it will always be thoroughly heated before the boiling point of the onions is reached. Puddings thus cooked will never be "onion-flavored." However, should the onions be placed in boiling water or the boiling point be reached before the cold pudding is put into the oven, we would not answer as to the flavor of the pudding.

This principle is familiar to every housewife using a coal or gas oven. One would never think of placing a pudding or cake in the oven when a partly baked fish, for example, was already heated through and baking.

Q. How long will the fireless-cooking oven hold its heat?

A. The oven will hold its heat long enough to thoroughly cook any ordinary meal and keep it "piping hot" a reasonable length of time.

We do not claim, however, that the oven will keep a meal steaming hot for a period of five or six hours after it is thoroughly done and should properly be served. On the other hand, should you leave a meal in the oven an unusual length of time—*several hours* after it is done—and find it not steaming hot, you need only light the oven burner for 10 or 15 minutes to heat meal thoroughly.

Questions and Answers on Baking

- Q. Can I bake several kinds of things at once?**
A. Yes, if they take about the same temperatures to start with and about the same period of Direct Heat.
- Q. Can I do baking at the same time I am cooking an automatic dinner?**
A. We do not recommend doing so, but it can be done successfully with many kinds of baking. For instance, an apple pie may bake all right with your dinner. Of course, in such a case the pie should not be put in until the oven is heated up to the proper temperature, as in any other range, and it would have to be taken out before the dinner was done.
- Q. Will it do any harm if I open the oven door to look at my baking?**
A. No, not if you close it again quickly.
- Q. Suppose I find that my baking burns on the top when placed on the grooves you recommend and is not done on the bottom?**
A. Place oven rack in a lower groove.
- Q. Suppose I find that my baking burns on the bottom and is not done on the top when placed on the grooves you recommend?**
A. Place oven rack in a higher groove.
- Q. Suppose I find that when I follow the temperatures and times given in the Baking Time Table, I burn my baking both top and bottom?**
A. Then cut down on the "pre-heat" or the Direct Heat. These temperatures and times are merely given as *helps* for you at the start. You will soon learn how to make the stove bake to suit your personal tastes.
- Q. Suppose I find that, when I follow the temperatures and times given in the Baking Time Table, my baking does not get done enough?**
A. Then add to the time of Direct Heat, if not brown enough, or to the time of Retained Heat, if brown but *not thoroughly done*. We repeat, this Time Table is merely printed as a *help* and is *not* made up of hard and fast rules.
- Q. Must I put my baking on an oven rack in exactly the groove mentioned in the Time Table?**
A. No, not necessarily. In our own Cooking Laboratory we have found these grooves to be the best, but you may find your stove slightly different, for there is a variation in the pressure and richness of gas in various cities. This explains, also, why the times and temperatures for baking in your particular stove may vary from the Time Table.
- Q. Must I bake just the numbers of pans or loaves given in the last column of the Time Table?**
A. No, this number simply shows how many pans or loaves we baked in working out this Time Table. A larger number might bake on these times successfully, or, on the other hand, might require a little longer Direct Heat. In baking a smaller number it might be necessary to use a little less Direct Heat. Your own experience will soon show you.
- Q. Can I open the oven door occasionally to watch my baking, or to shift pans around in the oven?**
A. Yes, if necessary. You can do just as you would in baking in an ordinary gas or coal range if you wish, though, as a general rule, the less you bother the baking, the better. The usual turning about and shifting of pans is not often necessary in this oven, because the distribution of heat is more even than in most ovens.
- Q. Can I turn the gas down if I wish to?**
A. Yes, by turning Gas Cock (No. 3) partly down. This is very seldom necessary, however, for the period of Retained Heat (when the Thermostone is giving off its gentle heat) corresponds to turning the gas down in the usual gas range. Generally, if your baking looks like it has come to the point when the gas should be turned low, you can, with this stove, turn the gas *clear off*, and the gentle Retained Heat will complete the baking perfectly. This means a saving of gas.
In case you do ever have occasion to turn the gas down, be very careful that you do not turn it so low that it goes out. Be sure to shut the oven door gently.
- Q. Suppose the time for the baking of some bread, cake or pie that I may wish to bake is not given in the Baking Time Table?**
A. Select the time given for baking the pie, cake or bread most like the article you wish to bake.
- Q. Must I leave baking in for entire length of time given under Retained Heat if I feel sure it is done sooner?**
A. No. Take your baking out whenever you feel *sure* it is done, regardless of Time Table.

Important Note—Be careful when baking in this stove, as in any other gas range, not to have a door or window open where it will cause a direct draught on the stove.

A Simple Baking Time Table

In baking it is of course necessary, as with any other range, to pre-heat the oven. We give in the following Time Table the *degrees* of pre-heat necessary, followed by the *number of minutes* Direct Heat and the *number of minutes* Retained Heat, after the gas is *shut off*. We also suggest which groove to place the oven rack on, and also the number of loaves or pans that were used in working out this Time Table. You may find other grooves better.

These times are given only as helps. They are not hard and fast rules. Your own experience will be the best guide for you to follow.

ARTICLE	Degrees of Pre-heat	Minutes of Direct Heat	Minutes of Retained Heat	Position of Oven Rack	Number of Pans or Loaves of Baking
	Before Putting in Baking	Baking in Oven; Gas Burning	Baking in Oven; Gas Turned Off	Count UP from Bottom of Oven	
Breads					
White Bread.....	450 degrees	See Footnote 10 minutes	40 minutes	9th groove	2 loaves
Whole Wheat Bread.....	400 degrees	20 minutes	40 minutes	9th groove	2 loaves
Graham Bread.....	400 degrees	10 minutes	40 minutes	9th groove	2 loaves
Rye Bread.....	400 degrees	10 minutes	1 hour	9th groove	2 loaves
Corn Bread.....	400 degrees	15 minutes	15 minutes	12th groove	1 pan
Rolls					
Vienna Rolls (Yeast).....	450 degrees	See Footnote 10 minutes	15 minutes	11th groove	2 pans
Biscuits & Muffins					
Baking Powder Rolls....	400 degrees	See Footnote 10 minutes	10 minutes	12th groove	2 pans
Baking Powder Biscuit....	400 degrees	10 minutes	15 minutes	12th groove	2 pans
Graham Muffins.....	400 degrees	15 minutes	15 minutes	10 & 14 groove	2 pans
Corn Muffins.....	400 degrees	15 minutes	15 minutes	10th groove	4 pans
Whole Wheat Muffins.....	400 degrees	15 minutes	15 minutes	10th groove	2 pans
Pop Overs.....	500 degrees	15 minutes	30 minutes	7th groove	1 pan
Pies					
Apple Pie.....	400 degrees	See Footnote 20 minutes	30 minutes	8th groove	2 pans
Custard Pie.....	400 degrees	25 minutes	5 minutes	8th groove	2 pans
Cocoanut Custard Pie.....	400 degrees	25 minutes	5 minutes	8th groove	2 pans
Pumpkin Pie.....	400 degrees	25 minutes	10 minutes	8th groove	2 pans
Mince Pie.....	400 degrees	20 minutes	15 minutes	10th groove	2 pans
Peach Pie.....	400 degrees	15 minutes	10 minutes	10th groove	1 pan
Lemon Pie.....	350 degrees	15 minutes	20 minutes	10th groove	1 pan
Washington Pie.....	400 degrees	10 minutes	15 minutes	11th groove	2 pans
Cakes					
Fruit Cake.....	400 degrees	See Footnote 20 minutes	1 hour	11th groove	1 pan
Small Fruit Cakes.....	400 degrees	15 minutes	20 minutes	11th groove	4 pans
Sponge Cake.....	300 degrees	20 minutes	30 minutes	10th groove	1 pan
Small Loaf Cake.....	350 degrees	20 minutes	40 minutes	12th groove	1 pan
Large Plain Cake.....	400 degrees	20 minutes	50 minutes	11th groove	1 pan
Ginger Bread Loaf.....	350 degrees	15 minutes	25 minutes	11th groove	2 pans
Ginger Bread, Individual.	400 degrees	15 minutes	20 minutes	10th groove	2 pans
Peach Cake.....	300 degrees	30 minutes	10 minutes	10th groove	2 pans
Apple Cake.....	400 degrees	25 minutes	15 minutes	10th groove	2 pans
Cream Puffs.....	400 degrees	20 minutes	30 minutes	8th groove	2 pans
Layer Cakes.....	400 degrees	10 minutes	20 minutes	12th groove	3 pans
Cup Cakes.....	400 degrees	10 minutes	15 minutes	11th groove	2 pans
Cookies, Drop.....	400 degrees	10 minutes	10 minutes	12th groove	3 pans
Cookies, Rolled.....	Continuous	heat after	400 degrees.		
Puddings					
Bread Pudding.....	400 degrees	See Footnote 20 minutes	1 hour	7th groove	1 pan
Bread Pudding.....	Cold oven	35 minutes	1 hour	10th groove	1 pan
Custard Pudding.....	400 degrees	15 minutes	20 minutes	6th groove	1 pan
Custard Pudding.....	Cold oven	40 minutes	30 minutes	10th groove	1 pan
Indian Pudding.....	400 degrees	10 minutes	1 hr. 30 min.	9th groove	1 pan
Indian Pudding.....	Cold oven	30 minutes	1 hr. 30 min.	12th groove	1 pan
Rice Pudding.....	400 degrees	25 minutes	1 hr. 20 min.	9th groove	1 pan
Rice Pudding.....	Cold oven	40 minutes	1 hour	10th groove	1 pan
Tapioca Pudding.....	400 degrees	15 minutes	1 hour	8th groove	1 pan
Tapioca Pudding.....	Cold oven	30 minutes	1 hour	11th groove	1 pan
Apple Dumpling.....	450 degrees	15 minutes	30 minutes	10th groove	1 pan
Apple Dumpling.....	Cold oven	25 minutes	40 minutes	10th groove	1 pan
Souffles					
Small Souffle.....	400 degrees	See Footnote 20 minutes	20 minutes	10th groove	1 pan
Large Souffle.....	400 degrees	25 minutes	20 minutes	10th groove	1 pan

FOOTNOTE:—The times given for "Direct Heat" and "Retained Heat" are only suggestions. We recommend that until you are thoroughly familiar with the stove you watch your baking just as you would with any other stove. When the time comes that you would turn the gas low on any other stove, turn it clear off instead. The Retained Heat given off by the Thermestone equals the heat given of a low gas flame in the ordinary gas stove. Take baking out whenever you feel *sure* it is done, regardless of Time Table.

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